

# **Get Back on Track** **with the** **Diabetes Support Program**



**Want help getting back on track with your diabetes?**

Hill Physicians Medical Group is collaborating with UCSF on a new, National Institutes of Health-supported, research study to help people with type 2 diabetes set & achieve realistic diabetes goals on nutrition, physical activity & taking medications.

The program is for adults with type 2 diabetes & their spouse/partner & is delivered entirely by telephone - at your convenience!

You also will be paid for before & after in-person assessments to help evaluate the program. These can be scheduled at a time & place of your convenience!

**For more information, please call 916.995.0260 or 866.774.7761 (toll-free)**